

# ACTIVE PLAY...EVERY DAY!



## Beach Ball Games Module 1

### Catch!

Play catch using a beach ball. Pretend it's like a hot potato. Keep it moving without dropping it!



### Beach ball basketball!

Cut the bottom out of a used ice-cream bucket or container to use as a hoop. Attach the hoop to the wall with some tape or a hook. Each family member must stand behind the sofa or other piece of furniture and try to throw the beach ball through the "hoop". If you miss, you have to do three sit-ups. Each hoop gets one point. Award a prize or privilege to the winner!

### Play beach volleyball!

Use an old sheet or blanket and hang it up like a volleyball net. Divide family into teams and play volleyball with the beach ball. You can make the game more challenging by making the older kids (that's you mom and dad) play on their knees!

### Keep the ball in the air!

With your child, try to move around the house, keeping the beach ball off the ground without using your hands. For example, put the ball between your elbows, foreheads, tummies, bottoms. Can you stand up and sit down, without dropping the beach ball?



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## Bubble Games

### Make Your Own Bubble Solution!

- ¼ cup liquid dish soap
- ¾ cups water
- 1½ TBSP light corn syrup

**OR**

- 2 cups warm water
- ¼ cup good quality dish soap (e.g., Dawn)
- a little food coloring or Kool-Aid powder
- 2 TBSP of corn syrup

**NOTE!** Bubble solution works best when you let it sit for about two days before you use it.

**Blow some bubbles in the air!** See how long you can keep the bubbles in the air without letting them fall to the ground!

**Blow some bubbles outside!** Run to a designated area in the yard and back again and catch the bubbles before they fall to the ground.

### Make Your Own Bubble Maker

- paper cup
- straw
- dish soap
- water

- 1** Poke a pencil hole on the side of a paper cup, one inch from the bottom, and stick a drinking straw through the hole half way through the cup.
- 2** Pour dish soap into the cup until the straw is covered. Add a little water.
- 3** Blow gently until beautiful colored bubbles froth over the rim of the cup and fill the air. **DO NOT GIVE THIS TO YOUR CHILD TO USE, AS SHE/HE MAY SWALLOW THE DISH DETERGENT RATHER THAN BLOW IT OUT!**

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